

## Kit list for PGL residential

- T shirts
- Long sleeved tops
- Waterproof jacket
- Fleeeces/jumpers
- Trousers/leggings (not jeans as they are cold and heavy when wet)
- Shorts
- Underwear & socks
- 1 or 2 sets of clothes for the evening
- Nightwear
- Swim wear
- Sun hat/cap
- Sunscreen
- Wash bag with shower gel, shampoo, toothbrush, toothpaste, deodorant (no aerosols)
- One pair of trainers for activities
- One pair of trainers for water sports (no crocs)
- One pair of shoes for evening activities
- A towel for showering
- An old towel for activities
- Re-usable water bottle
- Small rucksack
- Labelled bin bag for wet/dirty clothing
- Up to £10 (if you want to) in named envelope with amount enclosed on the front

### Please do not bring:

- Electronic devices
- Mobile phones
- Jewellery (stud earrings allowed)
- Valuables
- Aerosols

Please name everything very, very clearly!

Bedding is provided